

LIVING SOUTH

January 10 | Issue 195
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QUICK *start*

*Tom Mercer, founder
of mOma foods, does
breakfast on the move*

Going *underground*

*Silent UK seek a sunk
Thames tributary*

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FROM THE EDITOR

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Victoria Purcell

victoria.purcell@archant.co.uk

Happy New Year! It's the dawning of a new decade, so if ever there was a time to usher in a new regime, it's now. So what improvements will you be making this year?

Or are you fine just the way you are?

I – alas just short of perfect – will be turning my attention to my organisational skills. Task one on my 2010 list is to acquire a new Filofax (preferably of the croc-print with diamond-cut clasp variety – beautiful) to see my scatty tendencies on their way. Yes, that act alone should do the job nicely.

Then I'm going to work on something a little more superficial – presentation. Since deciding to cycle to the office back in April, it's been all flat hair, sportswear and barely-there makeup. So the time has come to step up the effort. I've got a head start on the cosmetics front already, as I recently discovered the most wonderful mineral makeup brand – Jane Iredale. It doesn't just make you pretty – it's actually good for your skin. Read more about it on pg 33. Keeping one's hair full of volume and bounce under a bicycle helmet, however, is going to prove tricky. I'll work on that...

A healthy diet and more exercise is a given for me every New Year as I try to improve on the last. I'm sure this is the case for many of you, so, caring souls that we are, we've packed this issue with hints and tips galore as to how to achieve your desired figure, a youthful glow and keep in tip-top health.

Good luck!



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Victoria



THIS MONTH'S COVER...

A bridge to new horizons? A cold, frosty Dulwich Park, captured by Eric Richardson (www.photograph-er.co.uk)

Launched in 1992, *Living South* is distributed free to selected households and businesses in Anerley, Brixton, Brockley, Camberwell, Crystal Palace, Dulwich (East, West and Village), Forest Hill, Herne Hill, New Cross, Norwood, Peckham, Penge, Sydenham and Tulse Hill. Visit us online at www.livingsouth.co.uk. For subscriptions, call Hayley Tiptaft on 020 7605 2204.



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Top of the morning

For Tom Mercer, morning is the time to eat, drink and be merry. **SHANNON DENNY** chats to the Deptford-based entrepreneur about his belief in the power of brekkie

It is skipped by many of us, bolted by most of us and savoured by only a very few. For Tom Mercer, however, breakfast is something of an obsession. In fact there have been times since he established mOma, his healthy breakfast-to-go concept, that it has kept him busy all day every day and working right through the night.

Tom quit his management consultancy job to craft morning ready meals for commuters in February 2006, having noticed that London's rich lunch



Tom Mercer

and dinner options had no early-morning equivalent. "I found it made a huge difference to me if I'd have a decent breakfast in the morning, and I used to make smoothies myself and chuck a load of oats in; that was kind of the starting point," he remembers.

"Back at the beginning when it was a real grassroots start-up company, we did trials on the streets of Waterloo with old water bottles filled with product. Our first stall in Waterloo Station was made from a filing cabinet

that had wheels on the bottom and branding put on the side.” Tom applied this DIY approach in other aspects of the business as well.

“At the very beginning I was really hands-on – I used to make all the products in the middle of the night, deliver them, sell them, do all the office work.”

These days the filing cabinets are in retirement and mOma’s mobile kiosks – which are now custom made from slick stainless steel – can be found at Euston, Charing Cross, London Bridge, Victoria, Liverpool Street and Waterloo, with more set to appear at Vauxhall, Wimbledon and Richmond in 2010. Tom no longer slaves all night over a blender either. “Our offices and kitchens are in Deptford in a railway arch. We’ve got staff of 25 people, about 10 of whom work on the stalls.”

The mOma machine is so devoted to the most important meal of the day that they’ve expanded their offering beyond those who pass through London’s larger mainline stations. You can now buy the range in Waitrose, John Lewis Foodhall, Selfridges, on Virgin Atlantic flights and through online grocer Ocado.

Tom’s idols in the marketplace include pudding purveyors Gu and chocolate brand Green & Blacks, although he encountered his biggest inspiration much closer to home. “Business-wise, I’ve always looked up to my dad,” he says of his Staffordshire-based farmer father who raises everything from wheat and barley to chickens and pigs. “It’s a family farming business that’s been passed down several generations, and it’s still entrepreneurial, very progressive, very forward-thinking.”

This appreciation for farming also helps explain the brand’s unusual moniker. “Moma is the name of a god of harvest and fruit, thought to be a giver of life. Really, I kind of wanted something short and catchy with a bit of meaning behind it. I was searching



Tom in action feeding busy commuters passing through Waterloo station

for gods and goddesses on Google and came up with mOma,” he reveals.

Since turning 30, Tom says he’s trying to be more careful about what he eats, but admits to possessing a deep

“Moma is the name of a god of harvest and fruit, thought to be a giver of life”

affinity for fish and chips from Fiscotheque and Curly Wurly cake from Konditor & Cook, both located dangerously near his south London house. Nutritionists tell us it’s all about moderation though, so Tom balances out cakes and cod with a healthy start everyday. When we speak, his own morning meal has only recently been consumed on a nearby station concourse. “I had a mOma Oatie, which filled me up nicely! It’s a meal in a bottle effectively.”

With jumbo oats, probiotic Somerset yoghurt, juice and bananas, the Oatie is one of the three products that make up

the core mOma range, all of which come in a spectrum of fruity flavours. The Jumble is Tom’s version of Bircher muesli containing oats, pure-pressed Suffolk apple, yoghurt and fruit, and the Hodgepodge is a layered pot of yoghurt, spiced fruit and granola. “What we’ve done really is taken lots of traditional ingredients and put them together in a modern format for people, so it’s fantastic for people to grab and go.”

There are no added flavours, colours or preservatives in these low-fat creations that help commuters on the way to their five-a-day. Probiotics aid digestion and wholegrain oats help control cholesterol, while the low GI content means mOma foods are absorbed slowly by the body to help you stay full for longer than any croissant or muffin.

Purchase a selection at one of the stalls and your goods will be piled into carrier bags bearing Adelle Davis’ famed dietary advice: “Eat breakfast like a king, lunch like a prince and dinner like a pauper.” With business booming and further ambitious plans underway, it’s a precept that no doubt serves Tom exceptionally well. ●

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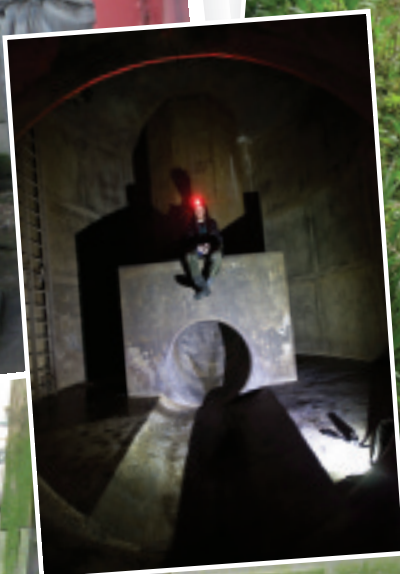


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FEATURE

Clockwise from top left:
The Effra where it empties
into the Thames by the M16
building in Vauxhall; Silent
UK head underground;
Brockwell Park pond is said
to be a tributary of the Effra



SILENT UK

A RIVER RUNS *through it*

CAROLINE NOBLE delves underground to discover what became of the River Effra and stumbles across a campaign to restore it



The Effra River is the stuff of legend. Folklore has it that King Canute sailed up the Effra when the Vikings used it to attack London Bridge in AD1016 and that Queen Elizabeth used the waterway to visit Sir Walter Raleigh at his home in Brixton. For a river that has been lost to the capital for over 150 years, it still manages to spark intense interest among the local population.

The exact route of the Effra divides opinion and changes according to who you talk to. Local dowsers, geographers and shop owners with damp cellars all have opinions on where it begins and the route it takes. Starting in Crystal Palace, Norwood or Sydenham, it is said to follow various routes through Dulwich, Herne Hill, Brixton and Kennington before emptying into the Thames underneath M16 at Vauxhall Bridge. The ponds at Brockwell Park, Belair and Dulwich are all said to be tributaries.

Sadly, these claims are impossible to verify, as the Effra was diverted into the sewerage system designed by Sir Joseph Bazalgette in the mid-19th century. In an attempt to improve public health in London, rivers all over the capital were lost and the Effra became a subterranean waterway 40ft below us. The river can still be accessed by the sewers but it is not for the fainthearted. With the aid of gas detectors, oxygen masks and the usual caving equipment, a few intrepid urban explorers from Silent UK have done exactly that.

"We have a rough idea on the route, but the only problem is, when walking

underground it is hard to determine just how far you have travelled. So working out where you are in reference to places above ground is fairly difficult," a member explained.

"There is so much hidden under our feet," he continued. "Especially in London. When most people think of sewers they usually imagine small rat-sized plastic pipes, not large Victorian brick tunnels that you could probably fit a bus through."

I asked if he worried about flooding when underground and was told they had seen a few of the sewers fill up to the roof. As

When most people think of sewers they usually imagine small rat-sized plastic pipes, not large Victorian brick tunnels that you could probably fit a bus through

a result, they never go down within a week of rain and tend to walk along the storm relief built to take the overflow wherever possible.

Locally, flooding is a real concern. A flood in 2004 left Dulwich Road and Half Moon Lane submerged and impassable. Many of the businesses along the south side of Half Moon Lane were severely affected and some closed for months. "It was like a swimming pool in the basement that came up to your waist... A member of staff saw her car floating down the road," said one witness.

The Effra's course could well have run along this route and old maps showing Herne Hill as Island Green support the idea that this area was part of the Effra's floodplain. Road names such as Winterbrook Road, Brixton Water Lane and Effra Road lend more clues.

In early 2009, the Environment Agency

launched a huge rescue project to reclaim many urban rivers in London. The London Rivers Action Plan (LRAP) aims to reduce the risk of flooding and improve the environment by restoring rivers, where possible, to their natural state. Projects are mostly restricted to parts of urban rivers that are above ground.

David Webb from the Environment Agency explained: "River restoration is so important in London because it is the type of action that can improve people's lives, reducing flood risk and improving their understanding of the environment. And the transformation itself can be jaw dropping."

The LRAP has 92 projects planned across London and wants to reclaim at least 15km of river in the next six years alone. In the case of the Effra, there is one project planned so far. This is to search for the hidden source of the Ambrook, a tributary of the Effra that used to flow through Sydenham Hill Woods. The Southwark Conservation Officer for the London Wildlife Trust, which manages this area of woodland told me, "There's a strange history to Sydenham Hill Woods. As you read about it, there's lots of comments about damp areas in the woods that just seem to occur out of nowhere when it gets a little bit wet. There will be a small area that becomes filled with water... It wasn't always like that."

The London Wildlife Trust hopes to get funding for a hydrologist to find the source of the Ambrook. If they get a positive environmental assessment, they will start restoring it to a free-flowing and healthy waterway. Who knew there was such an underground movement in south east London? ●

To find out more about Silent UK, the River Restoration Centre or the London Wildlife Trust see www.silentuk.com, www.therrc.co.uk, www.wildlondon.org.uk

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Jenny Eclair

Camberwell Beauty

A new decade

HAPPY NEW YEAR south London and all hail a new decade – how exciting! This time 10 years ago we were still recovering from the fact that the millennium bug hadn't destroyed the planet and surreptitiously trying to shift those loo rolls and bottles of water we'd panic bought "just in case". Thing is, we never really know what's around the corner. Back in 2000, we hadn't even heard of Barack Obama, never mind Simon Cowell – or Osama bin Laden for that matter.

The next decade is going to be interesting – for starters it seems inevitable that we'll have a new government. The last time we swapped parties was back in May '97, when the Labour Landslide coincided with my first night as an actress in the West End. I was

Next time it will be Simon Cowell who decides who runs this country

playing Josie in Nell Dunne's *Steaming*, a play set in an old-fashioned Turkish bathhouse, complete with toplessness and full-frontal nudity (my mother was heard to say "Oh my God" somewhere in the stalls when my pants came off – and *The Guardian* reviewed my pubic hair). Let's just say it was a more triumphant night for Tony Blair than for yours truly.

Not that it's Tony we think of when we remember that night – the abiding image will always be that fantastic morning-after-the-night-before snap of Cherie in her dressing gown answering the door to the world's press with Weetabix in her hair!

Whatever happens at the hustings this spring, it's likely to be the last of the "straight elections". In another 10 years or so, when ties are obsolete, it'll be the turn of the Facebook Generation, so if you're in your twenties now and remotely interested in running for parliament, for heaven's sake watch what you post on the internet.

Not that it will matter, next time it will be Simon Cowell who decides who runs this country. Obviously the nation will have a chance to phone in a vote, but it will really be up to him. Brace yourselves Britain, you think it's bad now, but just wait till Jedward are in charge. Happy New Year! ●

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WHAT'S ON

The very best of the month ahead PREVIEW

The Tower Ice Rink courtesy of Richard Lea-Hair. Above: The Baroque Barn Dance



SOUTH BANK

Until 18 April

On 15 September 2008, capitalism came to a grinding halt. As sub-prime mortgages dominated the headlines, the National Theatre commissioned David Hare to write *The Power of Yes*, an original work that is part-story, part-play. *Living South* has a pair of tickets to give away. For the chance to win them see livingsouth.greatbritishlife.co.uk and click on competitions. Final date for entries 22 Jan 2010. Terms and conditions online.

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GREENWICH

24 Jan

Planning a wedding in 2010? Get down to the Trafalgar Tavern Wedding Fayre for inspiration from a host of local companies. There will also be a raffle, with the chance to win a wedding reception and party worth up to £10,000. Entry is free, and there will be makeovers, complimentary Champagne, canapés and goody bags. 11am-5pm.

6 Park Row SE10 9NW; 020 8858 2909
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DULWICH

30 Jan

Charity Sightsavers International has joined forces with Churches Together in Dulwich, the Harmony School of Pianoforte, and members of Pastime Historical Dance to bring you an evening of period dance performances in glorious costumes. The Baroque Barn Dance begins with a performance followed by the chance to try out some steps. Tickets from ransley_903@hotmail.com. Adults £12.50, children £7.50.

St Barnabas Village Hall
23 Dulwich Village SE21 7BT

LONDON WIDE

30-31 Jan

Get your walking boots on for Walk London, an event funded by Transport for London to encourage people to explore the city on one of 30 free guided walks. Covering seven different routes along the Mayor's Strategic Walk Network for London, the walks are designed to be away from traffic and connect some of London's best attractions, parks, woodland, rivers and canals.

See www.walklondon.org.uk
or call 0870 240 6094

**EDITOR'S
CHOICE**

THE CITY

Until 10 Jan

The Tower Ice Rink is the perfect place to work off some Christmas calories while doing a spot of sightseeing. The rink is set in the Tower of London's 1,000 year-old dry moat, and as well as the ice, there's also a viewing area and café – should you not feel confident enough to don a pair of skates.

Call 020 8241 9818 or see
www.toweroflondonicerink.com

VAUXHALL

13 Jan

Following her Edinburgh Fringe and Leicester Square Theatre runs, comedian Rosie Wilby brings her show, *The Science of Sex* – which investigates the science of attraction, sexual chemistry and sexual identity – to the Royal Vauxhall Tavern. Tickets £5. 7pm. See Rosie's My Space page for more details.

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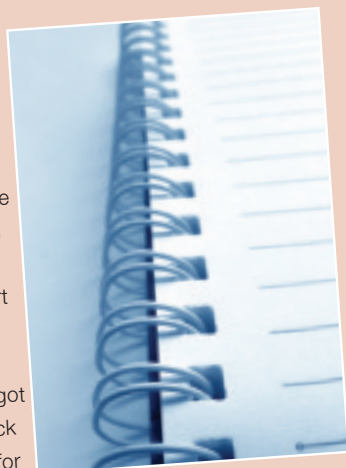
WishLIST

Launch a campaign, save a glove or make do and mend. Whatever you do, have a Happy New Year!

In a bind?

New equipment at south east London printers Digital Copy helps to ensure the fastest possible binding, laminating and delivery. In a world where everything has to be finished yesterday, the company's investment in state-of-the-art machines makes same-day deliveries and cheap small runs possible. So if you've got a New Year campaign to kick off, you know where to go for handbooks, flyers and more.

See www.dcopy.co.uk or call 020 7231 6636



In stitches

Make do and mend is back in vogue, so if you're looking to embrace your inner seamstress, get started with Clothkits. Camberwell-based Mini Moderns, known for its super-hip wallpaper, has teamed up with Clothkits to produce a range of clothing you can make at home. Each sew-at-home kit features easy to use instructions, lining, zip thread and 100% cotton fabric. It's a snip! £35 for adult sizes, £20 for kids.

Buy online from www.clothkits.co.uk or call 01243 600 301



New Year, new wardrobe

Recently opened boutique Fairies and Floozies has plenty of plans for 2010. As well as a great, half-price January sale, the store is launching a loyalty card that gives regular customers a discount and, come summer, the Fairies and Floozies sweatshirt brand will be hitting the shelves. Pop in and peruse brands such as Religion (pictured left), House of Gods, Monkee Genes, Max C, Yuki, Old Romantic and new independent designers.

16 Melbourne Grove SE22 8QZ
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Help is at hand

There's nothing like a lovely new pair of gloves. Until, that is, you realise you've left one at the supermarket... rats. Fortunately, all is not lost. Those clever, eco-minded chaps at Green Thing have launched Glove Love, a service that rescues, cleans and matches lonely gloves with a new partner. So, for a fiver, you've got yourself a quirky new pair and that warm, glowy feeling that you've done something good for the planet.

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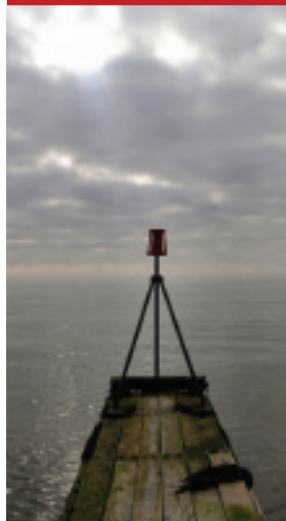
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ed

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tomlinsons

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020 8299 1260



A little retail therapy

How three local lifestyle stores are tackling the credit crunch head on

With all the gloom on the news and high street this Christmas, it's good to know some local businesses are still flourishing. Thanks to customer loyalty, The Dulwich Trader, Tomlinsons and Ed are riding the recession well. Penny Tomlinson, co-owner of the business, puts this down to customer service, and the sense of community and convenience that the shops offer – as well as great products.

When times are tight and every pound counts, it is more important than ever to spend wisely – and enjoy it! The Dulwich Trader, Tomlinsons and Ed know their customers well – more than half are regulars – so they can truly help with those all-important purchases. At The Dulwich Trader, a personal shopper is on hand to advise hard-working customers after hours. The store also offers a party service, complete with Champagne, for those who want to share the treat with friends.

All three stores are proud to be at the heart of their communities: for many, spending time at these shops is as much about having a chat as buying! The social experience, combined with a desire to avoid the crush and inflated prices of central London, means many people prefer to shop locally – ensuring it's a pleasure, not a chore.

And there is a real enthusiasm for individual pieces, rather than generic high-street brands. The shops' buyers travel all over Europe and beyond hunting down the best purchases from more than 700 suppliers.

When times are tight and every pound counts, it is more important than ever to spend wisely – and enjoy it!

Each of the three shops is different. The Dulwich Trader, 21 this year, now offers a fabulous range of fashion, jewellery, shoes and accessories, as well as gifts for everyone – including the house! Tomlinsons provides gorgeous clothing labels and beautiful gifts, homeware and furniture from France and Scandinavia.

Ed offers a younger, buzzier feel – but again, with a great range of gifts, jewellery and fashion for girls and boys.

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- Best New Store UK, 2000 Drapers Record

www.dulwichtrader.com

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58 Honor Oak Park SE23 1DY; 020 8291 1871
www.barbaros.co.uk

Looking good

Kick off 2010 the way you mean to carry on – looking fabulous. Beauty Plus has made it easy to with Credit Crunch Wednesdays. Every Wednesday throughout January, you can enjoy a one-hour deep-cleansing facial for £36 (usually £44), a manicure for £18.50 (usually £23.50) and an express facial for £25 (usually £30). Call the salon for details or to make a booking.

30 Forest Hill Road
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Mine's a spritzer

Winter blues? Lift your spirits with Rosa Fina divine aura facial spritz by Barefoot Botanicals (£15.95). It's indispensable on long journeys or while desk-bound. A blend of astringent herbal extracts combined with sweet summer rose, mandarin and juniper notes leaves skin feeling cool, toned and dewy-fresh. Another must-have from the range is the supernatural instant youth serum (£34.21), which uses plant technology to relax wrinkles and rejuvenate long term.



Available from Healthmatters, 47 Lordship Lane SE22 8EP
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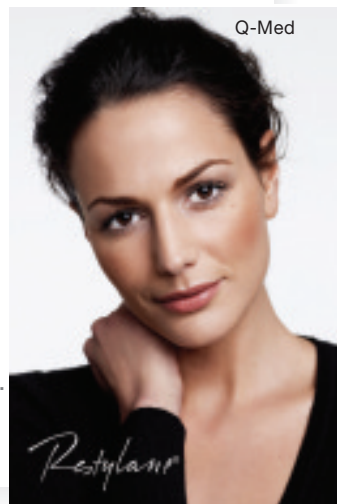
TOP to toe

Banish limp locks, tired skin or winter blues with these hints and tips

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Anna Kitney

Take an alternative approach to happiness this New Year and embrace spiritual healing



Anna Kitney

How long have you lived in the area?

I've lived in the area for nearly five years. First in East Dulwich and now in Forest Hill. I love this part of London, it has a real village feel.

What attracted you to the area?

It has a great eclectic mix of people and shops. I can spend my weekends between Lordship Lane and Dulwich Park with my husband and son. I recently discovered Havelock Walk in Forest Hill. It's a small cobbled street with amazing live/work warehouses of various talented artists.

Which local shops do you frequent?

Luca's Bakery for delicious poached eggs on homemade bread, Franklins Farm Shop has a delicious duck confit, Pretty Traditional for my organic fruit and veg on North Cross Road and WellBeing, the health food shop on Sydenham Road.

Tell me a bit about spiritual healing...

Spiritual healing aims to bring integration of the mind, body and soul. It brings about awareness of why each of us is here. It helps us to discover our unique special talents and gifts, which bring joy, happiness, fulfilment and abundance.

What's the theory behind Theta Healing?

Theta Healing is a comprehensive healing and self-development modality that creates instant change, physically, emotionally, mentally and spiritually. It works with the creation energy that exists in all things. The techniques allow you to identify deeply held blocks and to reprogram the unconscious mind. All our feelings and beliefs create our life experience. Instead of hoping for something in your life, we teach your unconscious mind what it feels like to have it – and then attract that energy into your life.

Which techniques do you use most?

Feeling Work, which involves tracing back negative feelings to their origin and

releasing them from the body. It's very fast and extremely powerful at releasing trauma in a gentle and graceful way.

What are the most common problems?

There is so much variety in my clients as the technique is so versatile. Recently, I've been working with clients with physical health challenges, desire for loving relationships and finding soul mates, releasing poverty consciousness and manifesting abundance, as well as work around life purpose.

How do you respond to sceptics?

We are planning a series of free introductory workshops this year, so people can come along and witness a demonstration and try a taster session. See our website for a list of dates.

Do you have any simple rules that people can follow in their everyday lives?

Be mindful of your thoughts and words as they create your reality; think and speak only about what you want in your life; focus on the solution, not the problem; be grateful for what you have, and you will bring more into your life. Finally, decide to be happy. ●

Anna is a certified advanced Theta Healing teacher and practitioner and Intuitive Anatomy practitioner. Call 020 8699 8859, 07880 621 306 or see www.bourgeon.co.uk

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Tony Hirving

Stay healthy
and happy

New Year promise...

THE NOUGHTIES are soon to pass away and while we're cheerily celebrating this event, most of us will be making a silent promise that the following day will be a new beginning.

Promise of change carries little weight when it's been promised before. We are creatures of habit, and breaking old habits to form new ones can be very difficult.

The decision to make lifestyle changes should be made in the context of our life at *this* point in time. Is *now* really a good time to start that weight-loss or exercise programme? "There's never a good time!" you may say. Perhaps not, but there are certainly better times than others, and now might not be one of them.

Three things should be in place to ensure you sustain that new lifestyle 12 months after you adopt it. Remember, a lifestyle is for life, not just for two weeks after Christmas!

Firstly, what are your reasons for wanting to lose weight? The road to weight loss is often a bumpy one. When the going gets tough, those without strong conviction give up. Commit to paper what your reasons are – the act of doing this will give some indication of your readiness and conviction.

What support do you have? Trusted friends, family or colleagues are invaluable. Some people actually enjoy sabotaging the efforts of others, so be careful with whom you share your plans!

Finally, what's in your diary for the next couple of weeks? It can be challenging to remain faithful to a sensible new eating plan when faced with devilish temptation at upcoming parties. Why not consider postponing change until after such events?

When the time is right, start as you mean to go on. Make single, small changes – if you can't envisage yourself doing something 12 months later, revise it. Instead of banishing the daily crisps, for example, have just one or two packets a week.

Adopt a sustainable healthy lifestyle over the coming months and come 2011 it will be time to change that perennial New Year promise! ●

Tony Hirving BSc (Hons) is a locally based dietitian. Call 020 8653 4693 or 07951 922 586 for a consultation. For more about weight management, visit the British Dietetic Association's website at www.bdaweightwise.com



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Feeling good

Andrew Grossett and David Waugh of énergie gym are aiming high, recession or no recession

In the autumn of 2008 the economy almost fell off a cliff. Some banks were going bust and the taxpayer was being asked to find hundreds of billions of pounds to shore up others. It seemed like a particularly inauspicious time to start a new business. Yet Andrew Grossett and David Waugh were planning to do just that. They needed to raise over £350,000 to finance the creation of a health and fitness club in the heart of Forest Hill.

For several years, Andrew had been David's personal trainer in one of the big chains, and they had come to the conclusion that they could do a better job themselves. The site they chose had been empty for several years and was last occupied by McDonalds. It was a complete wreck but it was in a fantastic location right next to Sainsbury's and less than 200 metres from the station. The vision was clear: create a club which would make a positive difference to the community – somewhere that was friendly and fun and helped its members and staff to get the best out of their lives. But the challenges were formidable: get planning permission; raise the cash; negotiate the lease; redevelop the site; attract new members.

Almost miraculously, on 1 July 2009,

énergie Fitness Forest Hill opened for business and it had over 400 founder members. The old site had been completely transformed into a clean, bright and spacious health and fitness club. Andrew and David managed to raise the funds they needed and the fit out went perfectly.

Andrew said: "We knew exactly what we wanted to achieve. Interest from the local community has been fantastic. We've been open nearly six months now and we have almost 700 members. We offer a six-week membership called émpower which is perfect for people who want to try out a gym and get great support without having to commit themselves to a long contract. I've been working in the health and fitness industry for several years and David has another business supplying software to local schools. We both have a passion for making sure that customers get the highest level of service. It's been the biggest challenge of our lives but we're determined to succeed."

The club is open seven days a week and runs 30 classes a week in the studio, where you'll also find a large free-weights area. The main floor of the gym has state-of-the-art equipment and there are always helpful and friendly staff on hand to give advice and encouragement. All members are entitled to

a six-week induction and support programme that guarantees results and includes six one-to-one sessions with a qualified health and fitness professional. There is a therapy centre, which offers a wide range of treatments including massage, reiki, hypnotherapy, life coaching and beauty treatments. The therapy centre is open to non-members although gym members do get discounted rates. ●

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Andrew Grossett (left) and David Waugh

CLARE KELLY

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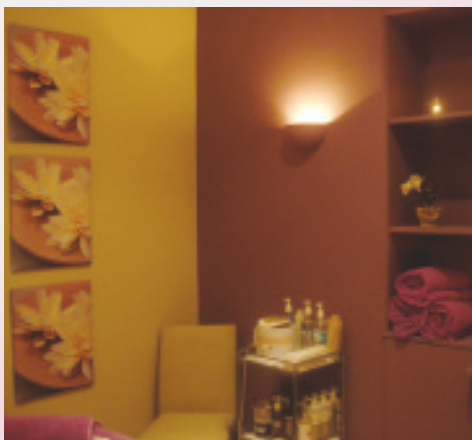
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A welcome addition in 2009 to Herne Hill was Intersport, an independently owned sports retailer. Whether you are looking to kit your children out for the new term, start a fitness regime or train for a marathon, Intersport has an excellent selection of sports shoes, clothing and equipment (as well as in store 'gait' analysis). Quality and service on your doorstep.

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All good stuff

VICTORIA PURCELL detoxes her tired, overstuffed makeup bag

Gym membership? Check. Healthy eating plan? Check. New hobby? Check. The New Year overhaul is ready for lift off, but what about that bulging makeup bag?

Sixty percent of what you put on your skin absorbs into your body. So for those who love their cosmetics, it's a good idea to do more than just eat organic... Enter Jane Iredale Mineral Makeup. Favoured by skincare professionals, dermatologists and celebs, the range is made of the purest inert ingredients from sand and rock crystals. Anti-inflammatory and anti-bacterial, they can be used on the most sensitive of skin.

A fan of cheap and cheerful cosmetics, I headed to Neroli in Honor Oak Park for an education in the form of a Jane Iredale makeover. Following a cleanse and quick spritz of hydration spray, the makeup artist applied PurePressed base mineral foundation. A foundation, powder, concealer and sunscreen in one, it's a bit of a miracle worker on blemishes and dark circles.

Next, a sweep of blush and bronzer before building up the eyes with three shades of brown and a sprinkle of 24-karat gold dust. The PurePressed triple eye shadows are so pure you can sleep in them – and I did, heading out to work the next morning feeling quite smug after a quick fix in the morning.

Eyeliner, a wave of PureLash lengthening mascara, a subtle pink lip plumper and another spritz of hydration spray to set and I was good to go. Not only do Jane Iredale cosmetics feel silky on the skin, they have real staying power and, should you fall asleep in it, your skin will probably be grateful! ●

Jane Iredale cosmetics are available at Neroli, 43 Honor Oak Park SE23 1DZ; 020 8699 9496; www.neroli-skincare.co.uk
Find out more about mineral makeup at www.janeiredale.com

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WORK IT OUT

Angling for a healthier lifestyle this year? Try the esph approach

OK, so you've tried the Atkins, been to weight watchers, even tried following your own programme. But none of them have had the kind of long-term benefits you were looking for.

Why is that? You ate healthily, tried really hard to change your habits and did a bit more exercise. You went to the meetings, you started with the very best intentions but then, over time, the good intentions seemed to melt away. The cravings got the better of you and before you knew it you were you were right back where you started... only more demoralised. So what's the key? And why is exercise an essential part of weight-loss programmes?

Well, here's the science bit: in addition to increasing energy expenditure and helping to create a negative energy balance for weight loss, daily exercise ensures that the weight loss is due to loss of fat rather than muscle tissue. Researchers found that the addition of aerobic exercise to the dietary regimen preserves existing FFM (fat-free mass), increases fat utilisation for energy

production, and is more effective in reducing fat stores than diet alone.

So you need to exercise. Diet alone isn't enough. But how can you do that? Well, first of all, exercise will only become a habit if it's fun. Pick something you enjoy doing. If you like being with a group of people, try classes or teaming up with a friend to exercise. If you want to improve your flexibility, try yoga, Pilates or Tai Chi or if you know you'll struggle with motivation then get a personal trainer to keep you on track. You can even try Pilates for free at esph in January, so if you've always wondered what it's about then now's your chance to find out.

And don't kid yourself. Be honest about what you realistically think you can do. If you're daunted about doing it on your own then the team at esph can help you set realistic goals and keep you on track. They're all trained to a very high level and are bursting with enthusiasm and commitment (and very red shirts).

Consider your current state of physical fitness. If you haven't exercised in years, you'll definitely want to start with some

modest activities. As you get adjusted, you can increase your activity. If you're training for a specific event then esph can tailor a programme to build your fitness levels to peak for your event. Or if you want to resume exercise after giving birth then you will need a completely different programme.

Consider your schedule. Are you a morning person or do you prefer to exercise in the evening? Start with just a small block of time, maybe 15 minutes. As you get into your routine, you probably won't mind increasing to 20, and then 30 minutes. In order to be effective, you'll need to repeat your exercise routine three or four times per week. And remember, exercise should be fun. Make it part of your daily routine and find what works for you. Exercise will increase your calorie expenditure and a common cause of weight gain is more likely to be the lack of physical activity rather than overeating. ●

For a personal approach to exercise call esph on 020 8693 2493. 116 Lordship Lane SE22 8HD; www.esph.co.uk

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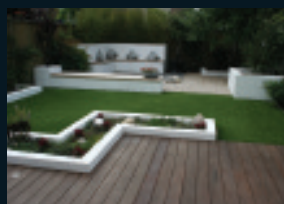
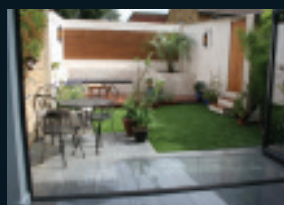
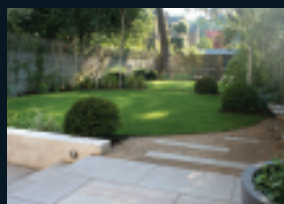
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It's a green thing

It may be cold outside, but the planet is warming up. **MIRANDA WALSH** of Friends of the Earth Southwark shares her eco tips for 2010

So, what is all this environmental fuss about? Well, climate change is possibly the most important and all-pervasive global challenge we face this century as our rapidly altering weather systems are beginning to affect us all.

Alarming, glaciers are drastically retreating, reducing the fresh-water supply and affecting agriculture in countries such as India and China. In 30 years' time, these areas could struggle to secure enough clean drinking water and basic food crops. In the Arctic, ice has receded by 40% and sea levels risen by 80%. In Europe, 20 of the 25 hottest years on record have occurred since 1980.

The consensus is that if nothing is done we are set to cause a 3°C increase in global temperatures before the mid-century. With this rise, many lower-lying coasts face being submerged, including New York, Shanghai and London.

As CO₂ makes up nearly two thirds of all our greenhouse-gas emissions, governments are urging us all to take responsibility for these carbon levels now, before it's too late to make a difference.

Miranda's top five eco-resolutions

1 Use less gas and electricity at home

Start cutting down on the energy you use everyday from non-renewable sources. This means making better use of heating,



electrical appliances, and adapting any unnecessary carbon-heavy behavior. Think about the insulation of your roof, walls and windows, upgrade to a sensible boiler, set lower room temps, use rated appliances and efficient light bulbs. Turn off screens and chargers at the wall and don't boil a full kettle unless you need to.

2 Respect your clean water

It is an increasingly precious commodity, so try to use less water – use a low-flush devices in your loo, fit water-saving taps, re-use bathroom and kitchen water for non-drinking uses, and collect rainwater for outside jobs such as washing the car. Avoid buying bottled water – it takes seven litres of water to make one.

3 Think lower-carbon travel

Driving a car is one of the most polluting everyday activities possible. Use your car

less and walk, cycle or use public transport. Alternatively, drive the most fuel-efficient car you can, or think about switching to an electric car. Even better, share your car journeys, plan good routes or join a car club for occasional driving trips only.

4 Manage your home waste

Recycle everything you can, from milk bottles to paper, plastic, metal and food waste. The council has an effective recycling system in place with weekly collections. Try to separate your food waste and compost it or degrade it in a wormery. It's all far better than sending more bags

to dangerous, methane-creating landfills. And to reduce waste overall, shop responsibly at the start, avoiding plastic bags, unnecessary packaging, and products with higher air miles.

5 Get active with a local green group

Of course, I highly you join Friends of the Earth Southwark! We can help and support you with all these practical, local carbon-cutting changes and more. You can also make a difference by joining in some of our national campaigns, such as improving farming and food-chain practices, and the use of renewable energy technology. ●

FoE Southwark meet every second Tuesday of the month from 7-9pm at The Herne Tavern, 2 Forest Hill Road SE22 0RR. Call Miranda on 07960 695 634 or Jo on 07710 603 103. See www.southwarkfoe.org.uk

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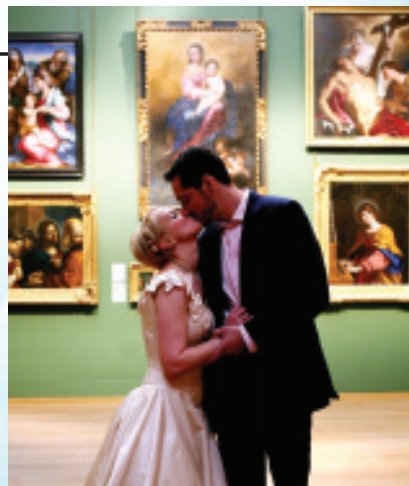
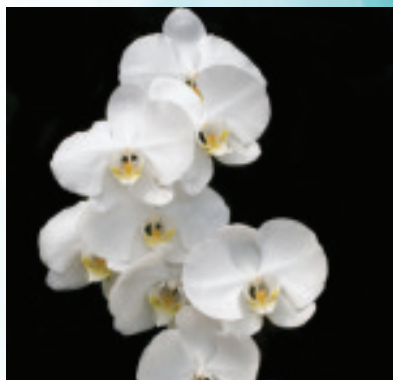
Planning a hen do? Or a wedding dance? Then why not book a Girls' Night Out at Push Studios. Go and learn some sexy pole dancing moves and theme your party to a music style of your choice. From Grease to Chicago, Beyoncé to 80's cheese, they can choreograph a dance to suit everyone. Wedding dance tuition is also available for you and your partner.

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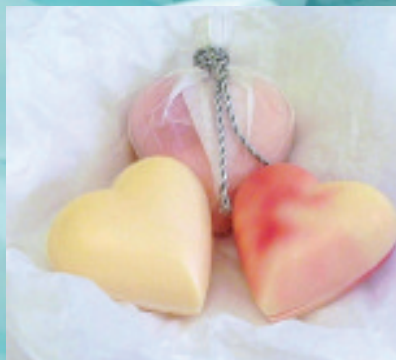
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FORTAROMA

Fortaroma has now settled into its new boutique at 165 Lordship Lane (The Old Gun Shop). The store now provides handmade, bespoke wedding favors of various types including soap scrolls naming the bride and groom plus the date of wedding, or with your own individual wording. The team can also supply soap wedding cakes beautifully decorated with handmade soap flowers and many other items. Pop in or call the team on the number below.

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Just grand

Do you love burgers, beer and beautiful surroundings? If you do, and you happen to live near SE5, then you're in for a treat. The Grand Union has just opened another branch on Camberwell Green, and like its sister venue on Acre Lane in Brixton, it offers a super chic atmosphere, with a scrumptious menu of burgers, and a fine selection of cocktails, beers and wine. What are you waiting for?

26 Camberwell Grove SE5 8RE; 020 3247 1001

RECIPE

for living

Everything in moderation,
says **VICKY SMITH**



Rise and shine

It's the most important meal of the day, so it's worth ensuring you start as you mean to go on with a healthy, hearty breakfast. Make farmhouse Breakfast Week (24-30 January) your excuse to try out some exciting morning recipes.

See www.farmhousebreakfast.com for delicious ideas

Spicy kick

Warm up the winter months with Original Chef's Special Chilli Sauce – an exotic hot chilli sauce made to a special Ghanaian recipe. Francesca Quagrain, co-founder of West African restaurant The Gold Coast, created the punchy mix of Scotch bonnet peppers, Ghanaian green chilli (kpakpo) and exotic seasoning. Pick up a bottle from The Gold Coast on Acre Lane. Use it to liven up poultry, game, meat, fish and seafood. From £2.99.

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Snack attack

Snacking rarely feels virtuous, however the new crunchy bites mix from Munchy Seeds may just change that. The combination of sunflower seeds, pumpkin seeds and sweet apricot kernels is tons healthier than a packet of crisps, and seasoned with chilli, cayenne pepper and savoury sauce, it's tasty too.

Pick up a packet at Waitrose or see www.munchyseeds.co.uk



Pure and simple

After all the obligatory festive over-indulgence, abstinence is the key to getting through January in one piece. If you've made the wise move to swap wine for water this month, what better to take up the spot left by the bottle of chardonnay than this stylish (and virtuous) Evian bottle, designed by Paul Smith. At only £3.99, it's a lot cheaper too...

www.paulsmithforevian.evian.com





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Helen Lederer

Eat, drink and
be merry

Out with the old

THIS IS A TIME for renewal – out with the old (bottles) and in with the new. I recommend ushering in the New Year at Blackbird Bakery (Dulwich, Herne Hill, Crystal Palace – take your pick) with one of their amazing **organic smoothies** (£1.20). Kiwi, coconut and pineapple proved to be particularly effective for the hangover, as was the **spiced apple cake** (£1.80 or £6 for the whole thing).

Let's start the year with a gorgeous, and I mean gorgeous, red. This has to be a **Cotes du Rhone Village** 2007 (£7.95 from Mimosa Traiteur), which won a Gold medal in 2008 (Medaille d'Or is one of the oldest wine events in the Rhone Valley – respect!). Deep purple, velvety with a plum nose and cassis, it's brimming with black fruits and raspberries. It's a smooth appellation controlee with great length, made from a rich blend of Grenache Syrah and Mourvedre.

Another very good idea is to drink this with one of Mimosa's top cheeses. **Coolea** (£2.55 per 100g), made in Coolea, West Cork, was supreme champion at the British Cheese Awards 2007. A piquant, dry, toffee taste like Gouda in oak with a strong mustard flavour highly textured with a hint of orange. For a moorish 'cheese chaser', add a spoonful of **Jules and Sharpie's redcurrant chilli jam** or **hot pear jam** (£5 a jar from East Dulwich Deli).

On the theme of renewal, Beamish and McGlue recommended a wonderful Spanish white wine – a **Basa Blanco Rueda** (£8.95) – and I'm so glad they did. It's stunning. Organic, almost fizzy, medium dry, floral and citrusy, it's a blend of Verdejo, Viura and Sauvignon Blanc grapes, giving a touch of pear and melon. Yum. Of course once you're inside, you might have to try a cake – the **organic blueberry and mascarpone** (£2.25 a slice) is to die for. But after that, to continue our inner cleansing, try the rest of their wonderful range of organic and gluten-free goodies, such as **choc mocha** and **almond bliss**.

Here's to 2010 – a good year for drinking and eating! ●

Helen is currently in *Calendar Girls* at the Noel Coward Theatre. See www.noel-coward-theatre.com

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Local flavour

Living South dines out at Clapham's four o nine and the Bridge House in Penge

Four o nine

409 Clapham Road, Clapham SW9 9BT; 020 7737 0722

Dinner for two around £50, excluding alcohol

DINNER at four o nine is a delightful eye opener. Those familiar with Clapham, and in particular the Clapham North pub, may be surprised to learn that above the ever-popular tavern is a restaurant that counteracts the chaos below with an intimate setting, polite service and great food.

The menu, like the venue, is small but perfectly formed. The blustery evening we visited called for warming, comforting choices so we kicked off with

roasted butternut soup with sage and parmesan, which proved smooth and velvety, livened with the addition of toasted seeds. My confit duck leg with puy lentils, pear and aged balsamic was also a treat, the vinegar counteracting the rich meat perfectly. I fought temptation to order the roast pork with black pudding and opted instead for roast cod with coco beans, mousserons (a delicate French mushroom) pancetta, samphire and salsa

verde – a bowlful of bright, intense flavours that combined to create a pretty delicious dish. My dining partner's rib-eye steak was rare as requested, and the accompanying bone marrow was a new taste for us both – its texture is between a scallop and jelly, with a meaty flavour.

The wine list at four o nine is also good, with an extensive

selection to suit all palettes. We were delighted with our bottle of cabernet sauvignon – one of the house choices – and tempted by the dessert cocktails. How could a lemon meringue martini be anything but amazing? I'll be returning soon to find out...

Vicky Smith



The Bridge House

2 High Street, Penge SE20 8RZ; 020 8778 2100

Dinner for two under £40, excluding alcohol

DINING AT the Bridge House is a bit like dining at a friend's place – a friend with three reception rooms and impeccable taste in interior design, that is.

The venue welcomes you in with a sweeping staircase that delivers you right to the bar. Shuffle left a bit and you're greeted by a fireplace – complete with an elaborate gilded mirror hanging above it – designer coffee table and cosy chairs. The lighting borders on decadent and the dining chairs have a look of

distressed Laura Ashley about them (imagine it if you can).

House red in hand, my friend and I took a seat and cooed over the menu – gastropub stalwarts such as beer-battered cod, mushroom risotto and prime rump steak, which feature highly on our list of favourites, were all present.

To start, a creamy goat's cheese fritter with mixed leaf salad for mon amie and a duck and leek terrine – chunkier and less rich than terrines tend to be and really very good – for me.

For the main course my friend

chose a filling beef pie with a comfortingly rich gravy, mash and braised red cabbage. I ordered a grilled halloumi, Portobello mushroom and caramelised onion burger with rocket, chunky chips and black pepper mayo – three of my favourite ingredients sandwiched in toasted, fresh bread. Lovely.

Suitably full, neither of us could manage a heavy dessert, so we opted for sorbets – one raspberry crush and one



EWAN MUNRO

passion fruit, which provided the tart zing we both needed to prevent us curling up on the sofa in front of the fire and going to sleep. The Bridge House, once a locals' local, is now very much a dinner and drinks destination, ideal for a relaxed catch-up with friends or an evening with your other half.

Victoria Purcell

BOOGALOO

Looking back to Darwin, looking forward to 2010...

Evolution in a flash

The Horniman Museum's Darwin 200 Photographic Competition was a storming success with 217 entries. Simon Roberts was the overall winner with his photo, *Tree Frog*, which captures an adorable amphibian posing on some lichen. There were plenty of entries from youngsters keen to explore the natural world, with Takeo Broadhurst winning in the Junior Young Person category for his photo *The Survival of the Fittest* (Amber Haslam and Tim Portheroe were commended) and Alistair Macfarlane was pronounced the Young Person winner for capturing *Amazon Frog* (Katya Schouvaloff, Aeshna Cyanea and Sam Baylis were commended). The 13 winning entries are on display at the Horniman until 11 April.

100 London Road SE23 3PQ; 020 8699 1872



Winning entries from
bottom to top: Tree frog
by Simon Roberts,

Through the Rhino by Amber
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46 January 2010



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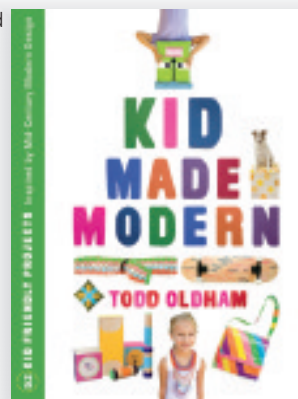
Kid Made Modern

Encourage the children to get creative with *Kid Made Modern* by designer Todd Oldham.

The book is full of colourful projects such as a cardboard box fort and window decorations.

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Itching for a new challenge? Go east! Camberwell-based charity Kids Company is organising a sponsored trek along the Great Wall of China from 8-17 May. As well as visiting Beijing, riding a 400ft zip slide and discovering a country steeped in mythology, you'll also be raising valuable funds for Kids Company's valuable work in the area.

To find out more, see www.kidsco.org.uk, email suzie.curran@kidsco.org.uk or call 0845 644 6838



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STRETCH IT OUT

Yoga is not just for grown ups, it's great fun for youngsters too, finds **VICKY SMITH**

Keeping the kids out of trouble – or off the Xbox – can be tricky. But Bryony Duckitt, founder of YogaBeez, knows just how to keep your clan healthy, happy and active.

YogaBeez is a yoga class aimed solely at children aged three to teen. It covers a full curriculum that aims to stimulate a child's development – emotionally, spiritually, physically, intellectually and socially. It incorporates the core values of YogaKids (a programme that offers a unique approach to integrative learning using yoga as a pathway) and the Montessori Teaching Method (based on the child development theories originated by Italian educator Maria Montessori).

Her classes teach yoga techniques and poses that have been recreated in fun and educational ways to make them more appealing to children, and classes

incorporate 14 elements, based on Howard Gardner's Multiple Intelligences theory, to reach a variety of learning styles. Reading, storytelling, music, creative arts, science, and ecology blend with yoga poses to educate the kids in an entertaining way – as a result, children learn skills for a lifetime of fitness, fun and feeling great.

Aside from the obvious health benefits, Bryony suggests that yoga for kids can be important in many aspects of their lives, including health, wellbeing and relaxation: "A few weeks ago I was teaching a new yoga class of 11-year-old girls, whose favourite part of the session is always the relaxing visualizations after the poses. I asked if any of them had problems falling asleep at night and as *all* of their hands shot up, my heart sank!

"How is it that our children are so stressed that they cannot sleep at night?"

continues Bryony. "Children today are under a tremendous amount of stress from school, their environment, peer competition and expectations from the media."

Each session is a learning adventure that includes 'moving and grooving' poses that are active and increase energy, 'shape and form' poses that bend, rock and move, partner and group activities, balance and concentration poses and completion poses for rest, relaxation and renewal.

Feedback from young participants is generally enthusiastic: "Yoga is my best activity ever in the whole world," said Georgina, aged six. So why not send your little ones along? ●

Call Bryony on 07941 006 285 or see www.yogabeez.com for more information

LESS STRESS, MORE STRETCH

YogaBeez is currently trying to get yoga into as many schools as possible by running Tools for Schools Teacher Training Workshops. This award-winning international yoga programme introduces a proven teaching solution for children aged three to 12 with the primary goal of creating less stress and greater success for teachers and students. It provides fun and easy-to-use yoga lesson plans linking movement and creative activities as a springboard to explore a full range of the cross-curriculum programmes – from the creative arts and physical education to mathematics, history and the sciences. This training provides invaluable skills for educating, exercising and empowering children.

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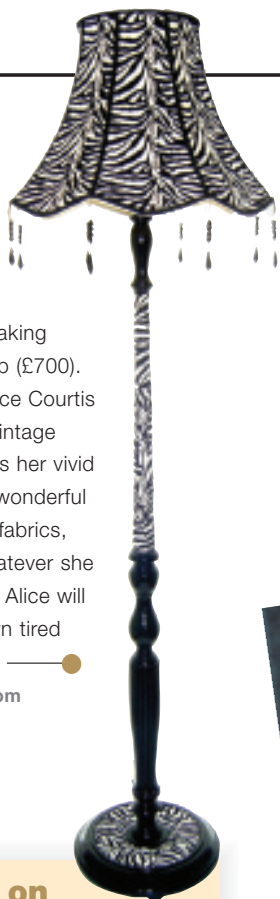
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There can be nothing warmer than a fur, but worry not, no animals were harmed in the making of this zebra-print lamp (£700). BeauVamp founder Alice Courtis sources antique and vintage furniture and unleashes her vivid imagination to create wonderful furnishings using rare fabrics, paint, stencils and whatever she can get her hands on. Alice will happily tackle your own tired furnishings, too.

See www.beauvamp.com



Snug as a bug

Wooden or tiled floors can be mighty chilly on the toes, so brighten up a frosty morning with a fabulous rug from Loophouse. Their winter sale runs until 28 February, so you can get up to 70% off a colourful number like the Cho rug from the Enchanted Garden collection (was £2,350.25, now £705, pictured below) or the subtle Sylvestris from the Alchemy collection (was £1,280 now £512, this picture).

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The heat is on

With a rising demand for solid-fuel appliances, Westcombes has extended its range of Defra-approved wood-burning stoves. The latest arrival is The Earlswood, a 5kw output multi-fuel stove from Franco Belge. Its simple looks add a wonderful focal point to either a modern or traditional interior. View The Earlswood, and a large selection of other stoves and fires, at Westcombes' spacious showroom in Lewisham. They also offer a HETAS installation service.

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Insider info

It's cold outside, so warm up with these cosy ideas

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A woolly jumper is a winter essential, so why not take cosiness one step further with a wool carpet? Wool is a durable fibre with a natural resiliency that synthetic fibres just can't duplicate, so while a wool carpet may cost a little more, it'll last much longer. Alternative Flooring offers a range of natural carpets, from wool to bamboo and even paper. Simple, beautiful and inherently strong, natural floor coverings look great in both modern and rustic settings.

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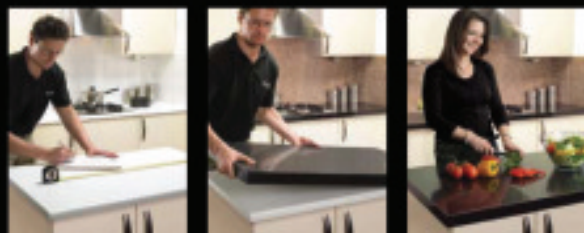
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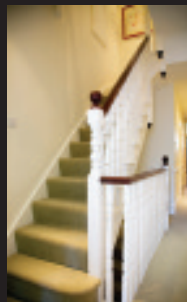
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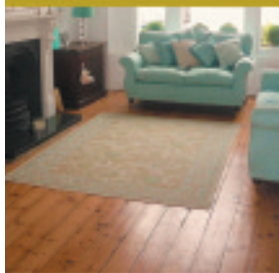


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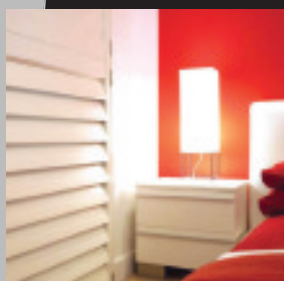
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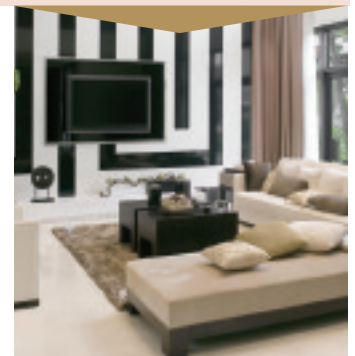
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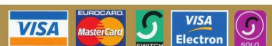
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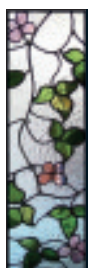
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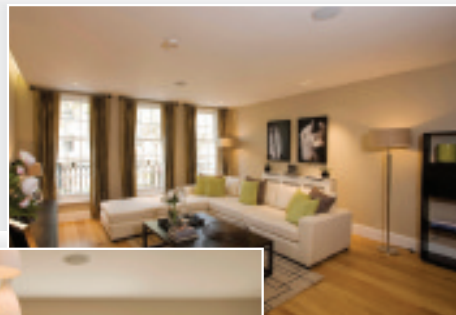
The beautiful life

COLIN LOWMAN of Roy Brooks takes us on a tour of Camberwell's hottest new address



IF YOU HAVEN'T ALREADY seen inside the new cluster of homes at the bottom of Camberwell Grove, perhaps you should make the time to take a look. Many of us who are fans of original Regency and Georgiana may think, "They don't build them like that anymore". However, we are wrong: these homes are a 21st century achievement in building houses just like that – but better! Externally, (except for the attractive absence of weathering) they appear as if they could have been in 'The Grove' since the start. Internally they put a whole new slant on 21st century living.

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washing machines, here it means wine coolers and coffee machines – only the top names, of course! The incredible use of space is what will really wow you. Open-plan kitchen and dining space is designed to accommodate families or guests.

Inside larger houses the master bedroom suite occupies the entire first floor. I have been looking at houses for more years that I care to count (and certainly more than I would like to commit to print!), and I am sure I have never seen elegant living space finished to such a high standard.

It occurs to me that, often, the concept of 'downsizing' comes to some of us at a time when the real problem is that we have tired of maintenance issues, and would in fact welcome a fluid configuration of living space. If you have entertained the idea of 'moving-on', why not let me escort you through a thoroughly uplifting experience?

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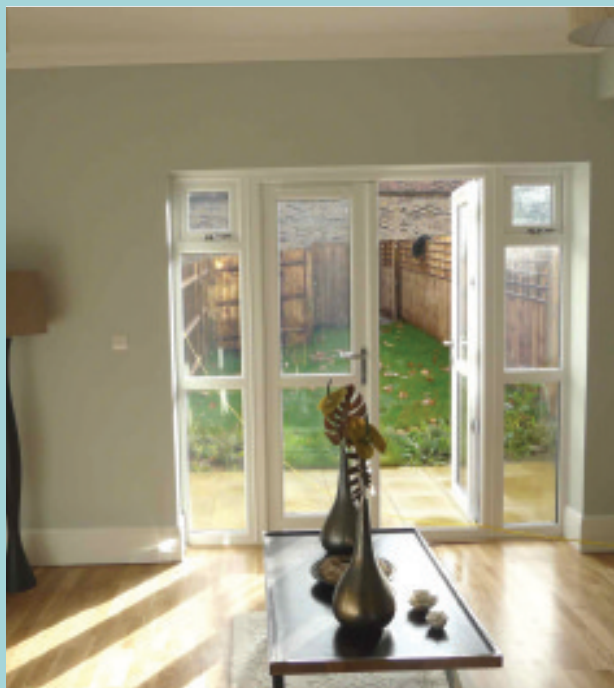
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Sterling Place, Ivydale Road, £429,950 F/H

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Sterling Place, Ivydale Road, £229,950 F/H

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Sterling Place, Ivydale Road, £234,950 F/H

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Camberwell Grove, SE5 8JH £299,950 L/H

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Ondine Road, SE15 4ED £250-335,000 L/H

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Pickwick Estates on 020 8299 1188



Camberwell Grove SE5

Pushing the frontline of design forward, these these two apartments in Mary Datchelor House, Camberwell Grove, are this season's must-haves. Model good looks accompany some deluxe additions such as integrated audio-visual systems, uber sharp kitchens and underfloor heating. The designer communal areas have lifts, there are two ample bedrooms to each apartment and an extra study to the larger one. Moments from Denmark Hill train station.

Available for £469,950 and £499,950 from Roy Brooks on 020 8299 3021

Arodene Road SW2

This Victorian family home comprises four double bedrooms, two reception rooms, a bathroom and a fantastic contemporary kitchen/diner. The kitchen, featured in *Kitchens Bedrooms and Bathrooms* magazine, opens on to a landscaped garden via floor-to-ceiling concertina doors. The property, set in a quiet road near Sudbourne and Corpus Christi schools, has original features and exposed original floorboards. Transport links include Brixton tube station and excellent bus services.

Make it yours for £595,000 from Pedder Wates
on 020 7738 5926



Dome Hill Park SE26

This unique, single-storey detached residence on a secluded private road has a gross internal area of 3,390sq ft. The stylish accommodation includes a master bedroom with en suite and dressing area, four further bedrooms (three en suite), bathroom, open-plan reception areas and a bespoke German designed kitchen/breakfast room. Picture windows, bespoke skylights and mature landscaped gardens are particularly impressive features.

Make it yours for £1,500,000 from Pedder Wates
on 020 8299 0922

Eynella Road SE22

This substantial Edwardian family home has been extended and opened up to create a splendid ground-floor living space including a full-width kitchen/family room leading out to a 100ft south-facing garden. There are four double bedrooms, three bathrooms, a loft/playroom and fine features including high ceilings and oak parquet flooring. Also, at the bottom of the garden you'll find an office with plumbing and electricity.

It's on the market for £1,850,000 from Spencer Kennedy
on 020 8693 7835

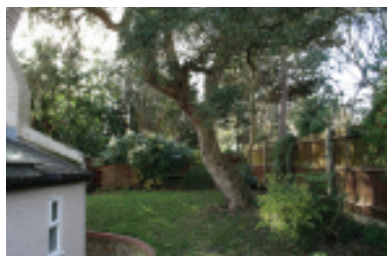
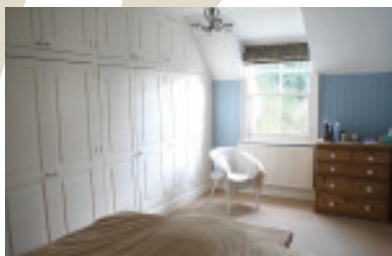
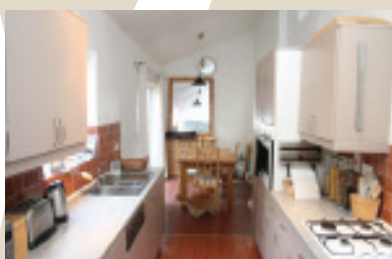


Pickwick Road SE21

Original features such as ornate glass and geometric ceiling mouldings add to the plentiful charm of this rarely available five-bedroom home on Pickwick Road. There are reception rooms to the front and rear, a central dining room and kitchen and hall-length cellar. The loft has been converted into a double bedroom with eaves storage and to the rear you'll find a secluded south-westerly facing garden. North Dulwich and Herne Hill stations are within easy walking distance.

Buy it for £1,050,000 from Spencer Kennedy on 020 8693 7835





'HAZELDINE' MOUNT GARDENS, SE26 4NG - £500,000 FREEHOLD

Pickwick Estates are proud to offer this enchanting 2/3 double bedroom, detached cottage, built Circa 1832 the cottage resembles something out of a fairy tale! This beautifully and well maintained property is set in the most idyllic, private and picturesque location. As you approach this stunning double fronted property you are greeted by an large imposing black door that leads to a spacious hallway where the primary rooms can be found. 2 reception rooms (one of which can be a bedroom) both with double aspect sash windows and feature fireplaces, kitchen breakfast room with part vaulted ceilings, large skylight and sliding doors leading to the private, walled rear garden. Within the kitchen there is also a handy utility area and shower room. Upstairs is the 2 double bedrooms with fitted wardrobes and a fully fitted, family sized bathroom. The property also benefits from off street parking for three cars and charming views from all angles. The freehold interest is offered chain free.

January Sales



pickwick estates



WOODWARDE ROAD, SE22 £969,950 FREEHOLD

If you're looking for a cracking family home, in a tip top Dulwich Village location AND a bit of a project then look no further. We are delighted to be marketing this handsome period semi, on the market for the first time in over 50 years!!! In brief the house offers 4 bedrooms, 3 reception rooms and a beautiful 100ft garden with a green outlook.



OVERHILL ROAD, SE22 £895,000 FREEHOLD

If space is required this lovely 5 bedroom detached Victorian house could well for you. Sitting proudly on Overhill Road the house is set on three floors and offers an abundance of space, also benefiting from a front garden with off street parking for two cars and a wide 100ft rear garden with a large patio area.



UPLAND ROAD, SE22 £825,000 FREEHOLD

Offered to the market in Show Home condition is this utterly lovely Victorian House which has been skillfully extended and refurbished within the last 2 years. A grand entrance hall beckons you to the ground floor reception rooms which include a double reception room with period detailing and an enormous kitchen breakfast/ family room.



CHATSWORTH WAY, SE27 £799,950 FREEHOLD

Space and light is the name of the game with this Victorian gem of a house! Having been beautifully extended and maintained by the current owners the accommodation in brief comprises; an elegant double reception room with period detailing, a separate dining room which in turn leads to a contemporary kitchen extension.



FRIERN ROAD, SE22 £799,500 FREEHOLD

Pickwick Estates is proud to offer this substantial 4/5 bedroom semi detached Victorian family house. Built at the turn of the century as a builders pair, the house is slightly larger than the average house in the street and retains many of its original features such as sash windows, feature fireplaces, high ceilings and cornicing.

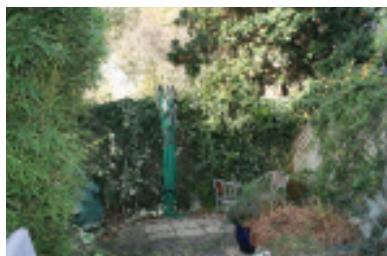
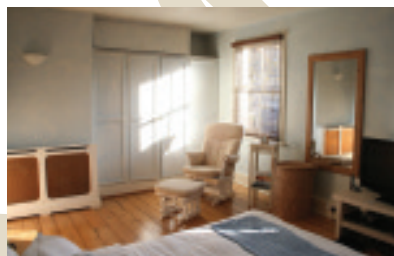
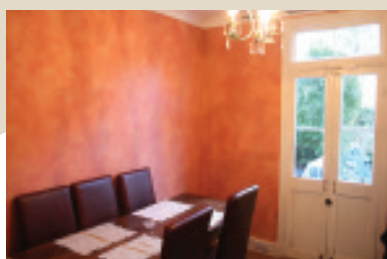


CANONBIE ROAD, SE23 £699,950 FREEHOLD

An impressive hunk of a house perched on top of one of London's highest hills with stunning views over the London skyline. This 5 double bedroom house is in good decorative order and briefly comprises driveway, large rear garden, entrance hall, cellar, kitchen breakfast room, double reception room, 3 bathrooms one of which is an en-suite.

Pickwick Estates
8 Woodward Road
Dulwich, LONDON SE22 8UJ

Tel: 020 8299 1188
Fax: 020 8299 1109
Email: info@pickwickestates.com



CALTON AVENUE, SE21 7DE - £1700 PER CALENDAR MONTH

Available Beginning of January 2010

If you're looking for a well maintained cottage bang smack in the middle of lovely Dulwich Village then look no further. We are delighted to offer to the market this handsome mid terraced Victorian house which is in tip top condition. The ground floor offers 2 reception rooms and a modern fitted kitchen with all the mod cons, and access to a secluded patio garden. Upstairs offers 2 double bedroom and a large bathroom with separate shower.



DORCHESTER DRIVE, SE24 £4000 PCM

We are delighted to offer to the market this truly exquisite detached family home that has had an exceptional overhaul in recent years which was overseen by specialist architects. The ground floor offers 4 large living areas with a beautifully fitted kitchen breakfast room, enormous lounge and a formal dining room and large study.



WOODWARDE ROAD, SE22 £3000 PCM

A perfect example of a typical Edwardian family home in Dulwich. 2 Reception rooms, 4 Bedrooms, Family Bathroom, en-suite shower room, 2 reception rooms, Kitchen, Breakfast Room, Front and rear garden. Situated in a very desirable Road in Dulwich, close to good transport links into the city and west end and all local amenities.



WOODWARDE ROAD, SE22 £2950 PCM

A stunning Edwardian family house which has been substantially extended to offer spacious and well proportioned living accommodation consisting of 5 double bedrooms, 3 reception rooms, 2 bathrooms and a fully fitted kitchen breakfast room. The property also benefits from a mature south west facing rear garden.



COLEMAN ROAD, SE5 £1600 PCM

Calling all you Camberwell Arts Collegers! We are delighted to offer to the market this recently refurbished Victorian House, located on a quiet street in the heart of Camberwell. The house offers perfect accommodation for sharers which includes, 2 reception rooms, an eat in Kitchen, 3 DOUBLE bedrooms and a lovely rear garden.



TRAFALGAR AVENUE, SE15 £1200 PCM

If you are looking for space in abundance then look no further than this enormous split level apartment located just off the Old Kent Road. The house has a large lounge and kitchen and 3 bedrooms making it ideal for the professional sharers. Being seconds from the Old Kent Rd, from front door to central London is approx 15 minutes.



BELVOIR ROAD, SE22 £900 PCM

An impressive 2 bedroom flat split over two floors with its own 60ft, decked private rear garden. The flat benefits from having plenty of space and is offered in good condition, briefly comprising, reception room, kitchen breakfast room, bathroom, 2 bedrooms and a large decked rear garden. Belvoir Road is located just off Lordship Lane.



Glengarry Road, SE22

£2200pcm

Absolutely fantastic four bedroom house with a beautiful interior finished to an exceptional standard. The house boasts four double bedrooms, family bathroom and shower room plus double reception room and huge kitchen/breakfast room.

- Family Home
- Formal Living/Dining Room
- Family Room
- Side Return
- Private Garden
- Close to Station



Malcolm Close, SE20

£825pcm

Stunning two bedroom flat with tons of original features and gorgeous modern fittings. The flat also boasts communal garden and newly fitted kitchen.

- Raised Ground Floor
- Own Entrance
- Bathroom with Shower
- Second Bedroom/Study

- Close to Station
- Unfurnished

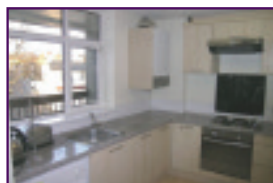


Whorlton Road, SE15

£1100pcm

First Floor apartment with large living/dining room and separate eat in kitchen. The flat is located 10 minutes from Peckham Rye Station.

- Two Bedrooms
- Bathroom with Shower
- Private Garden
- Neutral Decor
- Furnished
- Available Jan



Hensford Gardens, SE26

£850pcm

Three bedroom flat in Sydenham.



Sydenham Hill, SE26

£800pcm

Fabulous one bedroom flat with gardens.



Gipsy Hill, SE19

£975pcm

This is a beautiful Georgian flat set in an imposing building on Gipsy Hill just minutes from the Station. The flat offers a gorgeous interior throughout.

- Two Double Bedrooms
- Kitchen/Diner
- Bathroom with Shower
- Spilt Level
- Large Living Room
- Close to Triangle



Ulverscroft Road, SE22

£1500pcm

Immaculately presented three bedroom house which has had a total refurb throughout with new floors, kitchen and bathroom. The house also offers private garden and two reception rooms, not to mention the excellent location to Lordship Lane.

- Living Room
- Dining Room
- New Kitchen
- New Bathroom
- Traditional Interior
- Unfurnished



Perry Vale, SE23

£950pcm

Huge three bedroom flat.



Lordship Lane, SE22

£1100pcm

Two bed modern apartment.



- Three Bedrooms
- Roof Terrace
- Fitted Wardrobes
- Ideal for Sharers

Lordship Lane, SE22

£1500pcm

Huge three bedroom split level flat at the Station end of Lordship Lane boasting massive living room, modern kitchen and enormous roof terrace.

- First Floor
- Unfurnished



Crawthow Grove,

SE22

A beautifully presented and charming three double bedroom house with a very large kitchen/dining room. Situated in a superb East Dulwich location near East Dulwich station and Lordship Lane. The property is a perfect balance of period character and contemporary style and has a particularly light and spacious feel.

£565,000 F/H

- VICTORIAN
- THREE BEDROOMS
- SUPERB LOCATION
- LIGHT AND SPACIOUS
- LARGE KITCHEN/DINER
- BEAUTIFULLY PRESENTED
- NR. EAST DULWICH STN
- VIEWING RECOMMENDED



Ryedale,

SE22
£459,950 F/H

A handsome 3 bedroom Edwardian terraced house with 2 spacious living rooms. Upstairs are two very large bedrooms, a smaller bedroom and bathroom. The house is well presented throughout.



Crystal Palace Road,

SE22
£599,950 F/H

A substantial 4 bedroom Victorian semi detached house in a brilliant central East Dulwich location with a large west-facing garden. The house does require remodelling but has enormous potential.



Overhill Road,

SE22

£629,950 F/H

A particularly light and spacious 5 bedroom/two bathroom, semi detached house with large living room and kitchen dining room. Large gardens front and back as well as a private garage and off street parking. Ideal family house.



- 1930s HOUSE
- FIVE BEDROOMS
- LARGE LIVING ROOM
- SPACIOUS KITCHEN
- GARAGE
- NEUTRAL DECOR
- LARGE GARDEN
- QUIET LOCATION

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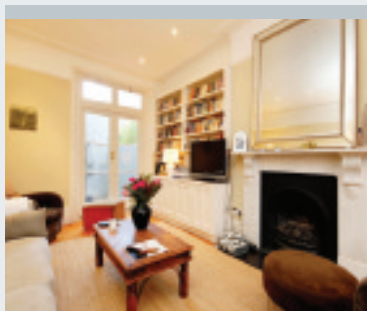
Overhill Road, SE22 £895,000
freehold

A fantastic 5 bedroom, 4 bathroom detached Victorian house with extensive private garden. The property comprises a large kitchen / breakfast room, two receptions, conservatory, cellar, 5 double bedrooms and 4 bathrooms, large garden and off street parking.



Marmora Road, SE22 £1,200,000
freehold

Stunning large 7 bedroom semi detached house with 120ft garden and off street parking for one car. The house has retained many period features including fireplaces, cornicing and stripped wood floors, a modern kitchen and utility room lead onto a large landscaped garden.



Copleston Road, SE15 £750,000
freehold

A stunning 5 double bedroom end of terrace Victorian house with large double reception, extended kitchen and extensive private garden. Boasting a huge amount of living space and retaining many period features this is a fantastic family house.



Ulverscroft Road, SE22 £459,950
freehold

A fantastic three bedroom Victorian terraced house situated on a quiet residential road just off Lordship Lane and North Cross Road. Double reception with period fireplace and wood floors, modern kitchen diner, bathroom and three double bedrooms. West facing garden



Relf Road, SE15 £499,950
freehold

Beautifully presented 3 double bedroom Victorian terraced house situated in the Bellenden road area. The property offers many period features a large modern kitchen diner, double reception, 3 double bedrooms and rear garden.



Sturdy Road, SE15 £439,950
freehold

Three bedroom unique and beautifully presented Victorian terraced house. The property boasts character and consists of a double reception, separate kitchen diner, three bedrooms, a garden and roof terrace. Great location close to transport, parks and amenities



Ivydale Road, SE15 £415,000
freehold

A large three bedroom Victorian terraced house situated on a residential road in Nunhead close to the local school and within a short distance of the station. Three double bedrooms, double reception, kitchen and breakfast room, two bathrooms and a large private garden.



Tarbert Road, SE22 £725,000
freehold

A beautiful 5 bedroom house situated in a fantastic road close to Lordship Lane and the Village. 4 double bedrooms, one single bedroom, 2 modern bathrooms, double reception with period features, kitchen diner and beautiful garden.



Bawdale Road, SE22 £599,950
freehold

A beautifully presented four bedroom Victorian house comprising of three double bedrooms, one single bedroom, two reception rooms with period fireplace and wood floors in the dining room, a kitchen/diner, and lovely garden with a summer house.

Camberwell 020 7708 2002

camberwell@bairstoweves.co.uk

Chester Court, Lomond Grove



A large one bedroom apartment within a Victorian Mansion block. Once inside this well maintained building you are presented with a property full of character. The apartment has been lovingly restored but retained its period charm. The property features a large reception room with high ceilings and sash windows, one double bedroom, a modern fitted kitchen/diner with butchers block worktops, a contemporary bathroom suite with a separate WC and private parking. Located within a 1/4 of a mile from Camberwell Green for amenities and buses serving the City and the West End. An internal inspection is highly recommended.

£199,950 Leasehold

Knatchbull Rd, Camberwell



A very large Victorian terrace in the Myatts Field conservation area. The property in our opinion offers lots of potential and has retained a wealth of period features. The property is arranged over three floors; internally you are presented with a bright reception room, a dining room with direct access to the rear garden, eight bedrooms, a bathroom, two shower rooms and a front and rear garden. Within 50 meters from Camberwell New Rd where buses run frequently to Oval tube station. These properties are as rare as hen's teeth! An early inspection is highly recommended.

£580,000 To be advised

Regent Rd, Herne Hill



A completely refurbished one bedroom apartment located in the heart of Poets corner. Internally you are presented with a well fitted contemporary kitchen with butchers block worktops and integrated appliances, a bright 17ft reception with wooden floors and access to a decked South facing balcony, a generously proportioned bedroom with built in storage, a newly fitted three piece bathroom suite with a power shower. Further benefits include: double glazing, lots of internal storage and no onward chain. Located within 100 meters from Brockwell Park and the Lido and within 1/4 of a mile from the culinary delights and gastro pubs the area is famous for.

£174,999 Leasehold

Spicer Close, Brixton



This very well presented one bedroom apartment offers generous living accommodation throughout and has a private 20ft patio to boot. The property has been lovingly maintained and every room has been neutrally decorated, especially the kitchen where there is a modern fitted kitchen with lots of integrated appliances and a breakfast bar. The bedroom measures in excess of 16ft, there is a very bright and well proportioned reception room with direct access onto a private patio, a three piece bathroom suite lots of internal storage.

£159,999 Leasehold

Sycamore Court, Valmar Rd



A well maintained groundfloor apartment with communal garden. Internally you are presented with a bright reception room, a well fitted kitchen, one double bedroom with built in storage, a three piece bathroom suite and a well maintained communal garden. Further benefits include an allocated parking space, double glazing throughout and a security alarm. Located in a quiet residential road in a popular development. Within 200 meters from the vast array of amenities and transport links in Camberwell. An internal inspection is highly recommended.

£180,000 Leasehold 100 years 11 months

Vaughan Rd, Camberwell, London, SE5



DEVELOPMENT OPPORTUNITY!!
This three storey house is ripe for conversion and is chain free!! These houses were originally six bedroom houses but the majority of the properties in this area have been converted into flats. Internally you are presented with: three reception rooms, two kitchens, six double bedrooms, two en-suite bathrooms, one separate bathroom, two separate WCs and a patio. The house requires full refurbishment or could be split into flats (subject to planning permission). The current owner is looking for a quick sale so you must be chain free to view.

£385,000 Freehold



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Dulwich Mews, SE22 **£219pw**

Bushells are delighted to offer this well presented first floor purpose built flat in an excellent location. Comprising of one double bedroom, separate reception room, fully fitted kitchen, bathroom and off street parking.

Dulwich Office lettings: **020 8299 6066** dulwichlet@bushells.com



Overhill Road, SE22 **£230 pw**

A spacious and well presented top floor Victorian conversion flat boasting original features, two large double bedrooms, spacious reception room, bathroom and off street parking.

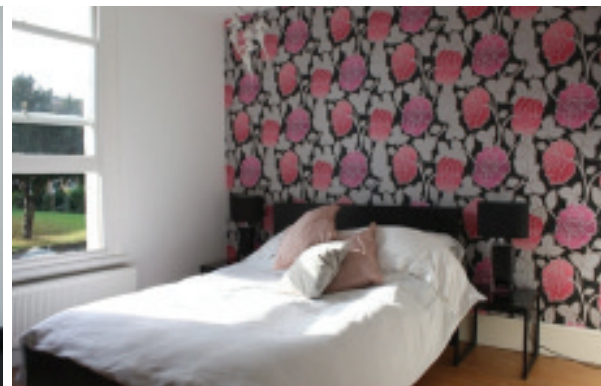
Dulwich Office lettings: **020 8299 6066** dulwichlet@bushells.com



Crystal Palace Road, SE22 **£253 pw**

A gorgeous ground floor flat situated seconds from North Cross Road. This property boasts one double bedroom, an impressive 19ft contemporary kitchen/dining room and a private 50ft garden.

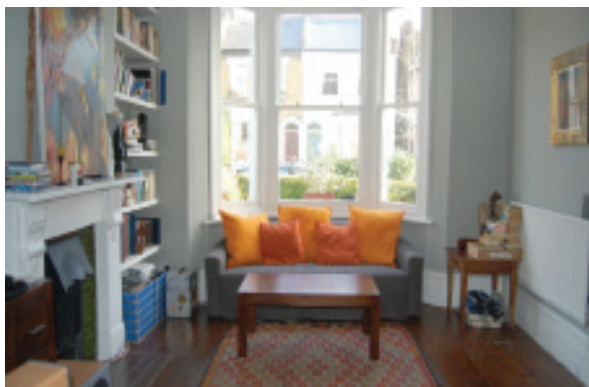
Dulwich Office lettings: **020 8299 6066** dulwichlet@bushells.com



Romola Road, SE22 **£276 pw**

A fantastic split level period conversion flat which offers two double bedrooms, reception room, fully fitted kitchen and a modern bathroom. Close to two mainline BR stations with links into the City.

Dulwich Office lettings: **020 8299 6066** dulwichlet@bushells.com



Copleston Road, SE22 **£450 pw**

Set in a popular location in between East Dulwich and Peckham Rye BR stations is this truly stunning Victorian house. Comprising of a 27ft double reception room, four bedrooms, one bathroom and one shower room, an amazing 19ft family sized kitchen and a private 100ft garden.

Dulwich Office lettings: **020 8299 6066** dulwichlet@bushells.com



Amott Road, SE15 **£507 pw**

This generously proportioned Victorian house is set over three floors and boasts four double bedrooms, one single/study room, two spacious reception rooms, a family sized kitchen/diner, one bathroom plus one shower room and a private garden.

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Kings Grove, SE15 £350 pw
3 bedroom split level flat with large garden close to Queens Road Station



Kirkwood Road, SE15 £265 pw
2 bedroom 2 reception cottage decorated to a high standard



Goldsmiths Road, SE15 £150 pw
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Sumner Road, SE15 £255,000

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Blenheim Grove, SE15 £335,000

Lovely 3 bedroom home with garden near Peckham Rye Station



Lyndhurst Way, SE15 £525,000

Rental property achieving over £24K pa with permission to convert into 2 flats



Choumert Road, SE15 £259,000

Fantastic 2 bedroom apartment with great views located round corner from Bellenden Road

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Sales



Sydenham SE26 **£369,995 F/H**
Retaining many original features, this period family home comprises large through reception room, 16ft kitchen/breakfast room, three double bedrooms and a modern family bathroom. To the rear there is an attractive courtyard garden. Close to transport links.
Sydenham - 020 8776 7070



Peckham SE15 **£429,950 F/H**
Stunning newly built Victorian style home in a popular location. Accommodation comprises four bedrooms (one with en-suite), lounge with French doors opening to a landscaped garden, designer kitchen and family bathroom.
Peckham Rye - 020 7771 6777



Dulwich SE22 **£335,000 L/H**
Beautifully presented and spacious two bedroom split level flat in East Dulwich. This property benefits from having been refurbished throughout to an exceptional standard and has retained many of its original features and character.
Dulwich - 020 8516 3666



Forest Hill SE23 **£360,000 F/H**
Bright and airy town house with spacious open plan reception room, modern kitchen, four bedrooms, two newly fitted contemporary bath/shower rooms plus a useful utility room, garage En bloc and a garden.
Sydenham - 020 8776 7070



Camberwell SE5 **£214,950 F/H**
As part of the prestigious Camberwell Grove development, this studio apartment offers spacious accommodation and a clean, contemporary interior. With under floor heating, specialist designed lighting and beautiful Italian fully fitted kitchen.
Peckham Rye - 020 7771 6777



Forest Hill SE23 **£249,995 S/O/F/H**
A very well presented two bedroom split level flat situated in an imposing period property. The accommodation has been neutrally decorated throughout and benefits from lounge, modern fitted, modern bathroom and ample storage in the eaves.
Dulwich - 020 8516 3666

Lettings



Sydenham SE26 **£1450 PCM**
Immaculate four double bedroom Victorian home in a quiet location comprising 25ft through lounge, kitchen/breakfast room, main family bathroom and two further shower rooms. Benefits from gas central heating, double glazing and 35ft garden.
Sydenham - 020 8776 7070



Peckham SE15 **£800 PCM**
Funky modern one double bedroom top floor apartment close to the Old Kent road. Sunlight floods this already large flat making it feel even larger. The open plan lounge/kitchen has direct access to a massive private roof terrace.
Peckham Rye - 020 7771 6777



Dulwich SE22 **£1200 PCM**
A stunning newly refurbished first floor three bedroom conversion flat. Set over three floors, this property offers light in abundance and is located close to both Forest Hill and Honor Oak stations.
Dulwich - 020 8516 3666

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East Dulwich Road, SE22

£899,950 (Freehold)

Large is by far the best way to describe this impressive property. Set over 5 floors, lots of rooms, a gross internal area in excess of 2500sqft and a 150ft rear garden. Near to the main road by the Green, it is a short walk to East Dulwich station as is Lordship Lane with its parade of shops, bars and restaurants.



Crystal Palace Road, SE22

£649,950 (Freehold)

Stunning end of terrace 3 bedroom home on the popular Crystal Palace Road that has been refurbished throughout to a high standard creating a warm, welcoming space. Located near the popular and highly regarded Heber and Goodrich primary schools & convenient for Lordship lane.



Amott Road, SE15

£580,000 (Freehold)

This 5 bedroom Victorian home enjoys large proportions and is neutrally decorated throughout. Front & rear reception room, downstairs shower room and kitchen/diner at the rear. 3 bedrooms, a family bathroom on the first floor with a further two smaller bedrooms on the top floor.



Ryedale, SE22

£445,000 (Freehold)

Located on Ryedale - this 3 bedroom terraced house is in great condition throughout. A 1930's construction, it enjoys a wide open hallway with large, light reception rooms. The rear reception and the kitchen both lead out onto the garden, which enjoys views across a green belt land.



Overhill Road, SE22

£349,950 (Leasehold)

Top floor, two bedroom apartment is part of the old 'Rockbank Hotel'. That has been recently converted into a stunning gated development of fourteen luxury apartments. This top floor flat enjoys a mezzanine floor overlooking the kitchen/ dining area below, en-suite shower room to the master bedroom.



Overhill Road, SE22

£249,950 (Leasehold)

This one bedroom apartment is located on the ground floor of the old 'Rockbank Hotel' that has undergone a recent conversion into a stunning gated development of fourteen luxury apartments. Sat on the ground floor, the kitchen/ living area opens out onto a large southerly facing terrace.

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BECKWITH ROAD SE24
Sole Agents

Sold



TURNERY ROAD SE21
Sole Agents

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WARMINGTON ROAD SE24
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GREAT BROWNINGS SE21
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Dalkeith Road, SE21

Asking Price £795,000 Freehold

A super four bedroom period house located on a popular residential street on the edge of Dulwich Village and within a few hundred yards of Rosendale and Turney schools.



Royal Circus, SE27

Asking Price £365,000 Freehold

A recently refurbished three bedroom terraced house located on this popular residential street in West Norwood.



Canonbie Road, SE23

Asking Price £795,000 Freehold

A super four storey six bedroom modern family home built only a couple of years ago and enjoying fabulous views over London.



Kirkdale, Sydenham, SE26

Asking Price £395,000 Leasehold

A fabulous two bedroom apartment converted from part of the ground floor of a wonderful gothic building in gothic building in Sydenham.



Pymers Mead, SE21

Asking Price £475,000 Freehold

A wonderfully spacious Wates townhouse which offers fabulous accommodation in an excellent location.



Torrington Court, SE26

Asking Price £295,000 Share of Freehold

A spacious two bedroom flat set on the first floor of this imposing 1930's mansion block.



Croxted Road, SE21

Asking Price £1,050,000 Freehold

A beautiful double fronted double fronted five bedroom family home located on the edge of Dulwich Village. Arranged over three floors, the house is in stunning decorative order throughout.



Walkerscroft Mead, SE21

Asking Price £535,000 Freehold

A lovely four bedroom townhouse in this popular location in West Dulwich within easy reach of West Dulwich station and Dulwich Village.



Forest Drive, Keston, BR2

Asking Price £2,950,000 Freehold

A fabulous detached family house located in the prestigious and secluded private Keston Park estate.

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Roseway SE21 £950,000

A delightful example of an unspoilt four bedroom Roseway property with a lovely open aspect overlooking Kings College playing fields. Perfectly situated in the centre of the Village.



Carson Road SE21 £1,250,000

A most attractive and spacious double fronted, period, five double bedroom family home. This house is a fine example of the architecture that is characteristic of the street.



Eynella Road SE22 £1,850,000

This beautifully presented, substantial, Edwardian family home has four bedrooms, three bathrooms, a glorious extended ground floor plus a sunny, south facing garden of approx 100ft.



Rouse Gardens SE21 £599,950

A delightful light and airy detached property circa 1962 with four bedrooms. Requiring some updating the property is located in a quiet residential location.



Roseway SE21 £1,295,000

A striking example of a four bedroom house in Roseway having been the subject of considerable renovation and extension. A unique property nestled in the heart of Dulwich.



Underhill Road SE22 £925,000

A stunning semi detached four bedroom Victorian house with numerous original features and elegant touches. There is off street parking and a mature 120' garden



Stonehills Court SE21 £1,400 pcm

An attractive three bedroom maisonette in a sought after private development on prestigious College Road. Stunning kitchen/breakfast room



Woodwarde Road SE22 £2,950 pcm

An attractive semi-detached Edwardian family home in Dulwich Village with original features. Two reception rooms, six bedrooms, two bathrooms and a lovely south facing garden.



Calton Avenue SE21 £1,695 pcm

A charming Victorian cottage in the centre of Dulwich Village. Spacious living room with wooden floors. Two double bedrooms with French doors to pretty decked garden.

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Ardbeg Road SE24 £380,000

A beautifully light and spacious, well designed two double bedroom flat. Situated on the first floor of an imposing Edwardian property within walking distance of transport links.



Woodwarde Road SE22 £995,000

An immaculately presented, beautiful Edwardian four bedroom family home located close to the Village end of Woodwarde Road - one of the most popular roads in Dulwich.



Pickwick Road SE21 £1,050,000

Rarely available, a five bedroom home in Pickwick Road at the heart of Dulwich Village. The house is well presented and has some fine original features.



Sydenham Hill SE26 £1,100,000

A unique and stunning apartment of over 2,500 sq ft within a truly impressive building circa 1862 with a splendid 21' wide tiled terrace with pillars, vine and wisteria.



Woodwarde Road SE24 £1,850,000

This beautiful and statuesque period, double fronted five bedroom house has two spacious through reception rooms with fireplaces and a vast and stunning loft conversion.



Alleyn Road SE21 £1,200,000

A splendid detached house with five bedrooms and two bathrooms. An interesting and attractive property which is within easy reach of all the excellent schools of the area.



Alleyn Road SE21 £5,000 pcm

Beautiful detached five bedroom house set in spacious grounds on a popular West Dulwich road. Spacious kitchen/breakfast room, drawing room with French doors onto terrace and garden.



Sydenham Hill SE26 £1,175 pcm

Exceptionally light and spacious two double bedroom apartment in a beautifully restored detached villa very close to Dulwich Woods and shops and restaurants of Crystal Palace.



Carson Road SE21 £3,200 pcm

A fine double fronted period house with five double bedrooms, two bathrooms, five reception rooms and a sunny, south facing garden. Excellent West Dulwich location.

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New year, new house, new start

NEW STREET EC2 £1,900,000 - £2,100,000

A rich rarity, these three early Georgian (c1780) townhouses have been sympathetically restored by developer Eastbank and Chris Dyson Architects (from Spitalfields). Each have 3 reception rooms, 3 double bedrooms, 3 bathrooms, Poggenpohl kitchens, steam rooms, utility rooms, cloakrooms and roof terraces at first floor level. Bathrooms and kitchens are uncompromisingly modern. The bathrooms have very distinctive copper baths and basins, while the kitchens have simple details and clean lines.

Freehold houses in the heart of the Square Mile are indeed hard to come by. Originally named Hand Alley, New Street was developed in about 1670 by Sir Robert Clayton (1629-1707, merchant banker, politician and Lord Mayor of London). At about the same time as the present houses at 5, 6 and 7 New Street were built in the 1780's the warehouses for the East India Company were built opposite.

This is super-luxe living in a remarkable location just off Bishopsgate, and opposite Liverpool Street station. New Street is a quiet pedestrian street located between the entrance to Liverpool Street station at Bishopsgate and the spectacular Cutlers Garden and Devonshire Square office complex. The new owners will be only a short walk from extensive and quality shopping at Liverpool Street, Cheapside and The Royal Exchange.

Spitalfields Market, Broadgate and Shoreditch House Members Club at the Tea Building on Shoreditch High Street are also nearby. Public spaces are nearby at Bishopsgate Churchyard, Finsbury Circus and Broadgate Circus. Liverpool Street and Fenchurch Street stations provide an extensive network of routes including to Essex, Hertfordshire, Suffolk and Norfolk as well as other parts of the capital.



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CABRINI HOUSE, SE23 £299,950 - £329,950

Fully loaded, supersonic apartments just a stone's throw from East Dulwich, Honor Oak and Forest Hill centres. Secure parking places, superb train links and directional interiors that include dreamy multimedia systems.



TURNERY ROAD, SE21 £350,000

Breathtaking original Edwardian features remain in this handsome 2 bed garden flat. Re-wired, re-plumbed and beautifully kitted out at every turn. Splendid location along a much loved road in Dulwich Village, chain free.



NETHERBY ROAD, SE23 £579,950

Ravishing late Victorian (c.1898) home with uplifting views across London. 5 double beds, lower ground 1 bed flat plus unusual galleried reception. School catchment is good, further expansion into the roof lies in wait.



AURA COURT SE15 £284,950

Show off completely in this high tech, high spec 2 double bed apartment. Turn out chums on either of the 2 al fresco balconies and beam back at the wonderful views opposite. Treat your wheels to the underground car park.



PENNETHORNE ROAD, SE15 £335,000

Wonderfully sweet Victorian terrace with 3 double bedrooms and beautifully bright kitchen diner. Alluring features such as stripped floorboards, period fireplaces and deftly chosen decor. A skip away from fab train links too.



JERNINGHAM ROAD, SE14 £260,000

Dashing traditionalist along a first class street within the Telegraph Hill Conservation Area. Spiffing reception with open fire and deep bay window. Sparkling new kitchen, 2 bedrooms and a healthy dose of integrity.

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Townley Road, SE22 £949,950
3 bedrooms, 2 receptions, bath, shower room, conservatory, kitchen, utility area, study, lovely garden, OSP.

Dulwich Village 020 8299 0922



Druce Road, SE21 £899,950
3 bedrooms, 2 reception rooms, kitchen/breakfast room, utility room, cellar and attractive rear garden.

Dulwich Village 020 8299 0922



Alleyn Road, SE21 £1,950,000
6 bedrooms, 3 bathrooms, triple reception, kitchen/breakfast family room, utility room, cloakroom, garage, driveway, OSP, rear garden.

Dulwich Village 020 8299 0922



Warmington Road, SE24 £950,000
4 bedrooms, 2 receptions, kitchen, dining area, 2 bathrooms, studio/workshop, cellar and garden.

Herne Hill 020 7738 5926



Arodene Road, SW2 £595,000
4 bedrooms, 2 reception rooms, bathroom, kitchen/breakfast room, cellar, rear garden.

Herne Hill 020 7738 5926



Gowlett Road, SE15 £650,000
5 double bedrooms, 2 bathrooms, 2 receptions, kitchen/breakfast room and decked rear garden.

East Dulwich 020 8299 3721



Ryedale, SE22 £475,000
3 bedrooms, 2 receptions, kitchen, bathroom, study, decked rear garden.

East Dulwich 020 8299 3721



Collingtree Road, SE26 £199,950
1 bedroom, kitchen, lounge/dining room, bathroom, rear garden.

Forest Hill 020 8314 4070



Inglemere Road, SE23 £339,995
4 bedrooms, 40 ft reception room, kitchen, shower room, bathroom, garage en bloc,

Forest Hill 020 8314 4070



Auckland Road, SE19 £799,950
6 bedrooms, 2 receptions, 2 bathrooms, 90ft garden, off street parking, Victorian semi-detached house.

Crystal Palace 020 8771 1357



Auckland Road, SE19 £275,000
2 bedrooms, 1 reception, penthouse apartment, 50ft roof terrace, communal gardens, no onward chain.

Crystal Palace 020 8771 1357



Culverhouse Gardens, SW16 £425,000
New, 4 bedrooms, 3 bathrooms (on en-suite), open plan living, OSP, completion May 2010.

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Alleyn Road, SE21 £1,200,000
5 bedrooms, 2 bathrooms, 2 recepts, breakfast room, study, cloakroom, garage OSP, rear garden.
Dulwich Village 020 8299 0922



Pymers Mead, SE21 £499,950
4 bedrooms, Lounge/dining room, kitchen, bath & shower room, utility room and garage.
Dulwich Village 020 8299 0922



Martell Road SE21, £1100 pcm
2 bedroom 1 reception, large kitchen/breakfast, off street parking, communal gardens. Immaculate.
Dulwich Village 020 8299 0922



South Croxted Rd, SE21 £2,400 pcm
4 bedrooms, reception room, 2 bathrooms, kitchen/breakfast room and rear garden.
Dulwich Village 020 8299 9190



Norwood Road, SE24 £315,000
2 bedrooms, reception room, kitchen, bathroom, cellar, rear garden.
Herne Hill 020 7738 5926



Wyneham Road, SE24 £325,000
2 bedrooms, 17'8 reception, kitchen, bathroom, share of freehold.
Herne Hill 020 7738 5926



Gubyon Aven, SE24 £1,100 pcm
4 bedrooms, 2 receptions, 2 bathrooms, modern fitted kitchen, downstairs cloakroom, garage.
Herne Hill 020 7738 5926



Underhill Road, SE22 £830,000
5 bedrooms, 2 reception, kitchen/breakfast room, bathroom, cellar with 3 separate rooms, OSP, rear garden.
East Dulwich 020 8299 3721



Dunstons Road, SE22 £625,000
4 bedrooms, double reception, kitchen/breakfast room, downstairs cloakroom, 4 bathrooms, cellar, 50ft garden.
East Dulwich 020 8299 3721



Adys Road, SE15 £1,150 pcm
2 bedrooms, reception, bathroom with shower. Furnished.
East Dulwich 020 8299 3721



Honor Oak Road, SE23 £524,950
5 bedrooms, kitchen/breakfast room, central location, newly refurbished.
Forest Hill 020 8314 4070



Hurstbourne Rd, SE23 £219,999
2 bedrooms, lounge, kitchen, bathroom.
Forest Hill 020 8314 4070



Devonshire Road, SE23 £900 pcm
4 bedrooms, 2 receptions, 2 bathrooms, modern fitted kitchen, downstairs cloakroom, garage.
Forest Hill 020 8314 4070



Farquhar Road, SE19 £229,950
2 bedrooms, living/dining room, kitchen, bathroom, garage.
Crystal Palace 020 8771 1357



Versailles Road, SE20 £185,000
1 bedroom, living/dining room, kitchen bathroom, recently refurbished.
Crystal Palace 020 8771 1357



Augustus Court, SE19 £775 pcm
1 bedroom, 1 reception room, second floor flat, allocated parking, excellent decor.
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